

PENTAGON EMERGENCY MANAGEMENT



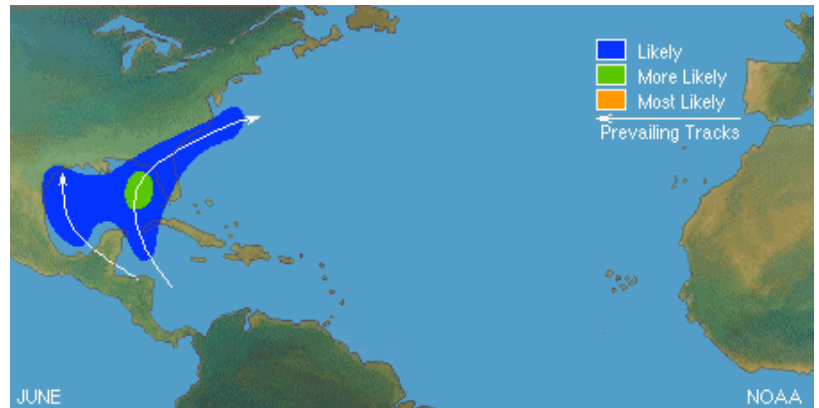
Hurricane Awareness & Preparedness 2014 Resolve to be Ready

"Preparation through education is less costly than learning through tragedy." — Max Mayfield, Director National Hurricane Center. Hurricane

season is fast approaching; beginning 1 June and continuing through 30 November. All

hurricane forecasting agencies are in consensus for a below average season; however, this does not mean we can take the season off from preparing. The hazards most often affecting this area as a result of hurricanes are floods, storm surge, and high winds resulting in widespread power outages. Storm surge affects mostly the coastal communities. Most severe thunderstorms also bring the same hazards as hurricanes; if we prepare for the commonalities, we'll kill

two birds with one stone. This newsletter will provide information on preparing for a flood including resources to determine if you live in a flood zone and if so, what do you need to prepare yourself. This newsletter will also focus on mitigating those hazards associated with hurricanes by providing guidance on making a plan and outlining suggested items for building a kit capable of sustaining you and your family for at least 72 hours.



| | Tropical Storms | Hurricanes | Major Hurricanes |
|----------------------------|-----------------|------------|------------------|
| Colorado State University | 9 | 3 | 1 |
| AccuWeather | 10 | 5 | 2 |
| Weather Service Intl | 11 | 5 | 2 |
| National Hurricane Center | 8-13 | 3-6 | 1-2 |
| Average (1995-2011) | 12 | 6 | 3 |

(2014 Hurricane Season Forecast)

Make a Plan

http://www.redcross.org/images/MEDIA_CustomProductCatalog/m12140360_ARC_Family_Disaster_Plan_Template_r083012.pdf (Planning template)

- Family/Household contact information
- Pets Information
- Plan of Action
 - Types of hazards
 - Escape/evacuation route(s)
 - Meeting place if separated from family or can't return home
 - Route/directions to alternate location
- Out of area emergency contact information
- School/daycare
 - Child's name
 - Evacuation Site (address and contact information)
- Family members with special needs
 - Name
 - Plan

Build a Kit

<http://www.ready.gov/build-a-kit>

After determining the hazards and writing your family emergency plan, build a kit to support the plan. Your kit should sustain you for 72 hours (3 days) because, according to Federal Emergency Management Agency (FEMA), it may take that long for help to arrive. The recommended list of items below may already be in your home, you simply need to gather the items and ensure it is only used during emergencies. If you make a running list, you can build upon your kit with each shopping trip in order to spread out the cost. To help defray the cost of an emergency kit, the Governor of Virginia has issued a **Tax Holiday 25 – 31 May**. See the useful link for the list of approved items.



- Water – 1 gallon per person per day for at least 72 hours (3 days). Since dehydration is a factor, you may want to include sports drinks with electrolyte replacements such as Gatorade.
- Food – Non-perishable food; preferable low sodium (MREs, canned, freeze dried, protein bars, etc.)

- Baby food/formula
- Manual can opener
- Paper plates, plastic cutlery and cups
- Cooler with ice to store perishable food (short term)
- Self-powered or battery-powered flashlights and radios. The latest models have the “Weatherband/Emergency Band” and will also charge a cell phone
- Batteries
- Cell Phone and charger
 - Cell phone towers may be damaged or inundated during a disaster/emergency; however, texting may be an option as experienced during the Mineral, VA earthquake
- A list of local and out of area contacts, with their email addresses and phone numbers
 - When power goes out, cordless and voice over internet protocol telephones will not work unless connected to a local power source; battery or generator
 - A plain old telephone (analog) line does not need towers or electrical power to operate
- First aid kit
 - Latex or vinyl gloves (2 pair)
 - Sterile dressings/gauze and tape
 - Anti-bacterial soap and antibiotic ointment
 - Burn ointment
 - Band aids
 - Adhesive bandage
 - Tweezers and scissors
 - Eye wash solution
 - 14 days of prescription medications (pharmacies may not be operating if the power is out for an extended period of time)
 - Prescribed medical supplies (glucose and blood pressure monitoring equipment and supplies
 - Over-the-counter pain medicine, allergy medicine, etc
- Local and regional maps
- Children and infant needs – Toys, books, diapers, medicine, formula, games, etc.
- Pet food and supplies, as well as leashes/crates to transport them if needed
- Cash - \$50 in small denominations (\$1, \$5, and \$10) ATMs may not be functional during extended power outages



- Vital Records – These items should be stored in a fire resistant box that's easy to grab and go
 - Insurance policies
 - Bank account information
 - Credit card information
 - Inventory/video of home possessions
 - Passport(s)

Tips

- When deciding what food to put in your emergency kit, remember to choose food your family will actually eat:
 - Ready-to-eat canned meats, fruits, and vegetables
 - Meals-Ready-to-Eat (MREs)
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Nuts – choose low salt because water is limited
- Grilling – Remember to have a full propane tank or 2 extra bags of charcoal, can of fire starter, waterproof matches. Never grill inside a garage or house.

Flooding – Awareness and Preparation

The Washington Metropolitan area has several main bodies of water (Potomac River and Chesapeake Bay) with many tributaries feeding off them.

Some may be evident and some may be a small brook that seems insignificant; however, when a hurricane's storm surge arrives, those beautiful babbling brooks can quickly meet you at the door.

There are several ways to determine if you are susceptible to flooding; talk to neighbors, research the internet, or look around your neighborhood for tell signs of erosion from water flows. Another issue that may increase your chances of flooding is the increasing number homes or streets around your neighborhood.

Additional impervious surfaces means less ground for water absorption and an increase for flooding. For instance, when the Wilson Bridge was



reconstructed, homes in the Cameron run and Huntington areas are now prone to flooding from runoff. It's a good idea to stay current on the new construction in and around your neighborhood. There are several things you can do to help mitigate the effects of flooding.

Step 1 – Determine if you're in a flood zone

- You can obtain a Certified Flood Zone Determination at www.myFloodzone.com; the cost will range \$5.00 to \$10.00 based on the product requested
- Go to your county graphical information system (GIS) website and locate your area. For instance, Prince William County's site: <http://www.pwcgov.org/government/dept/doit/gis/Pages/County%20Mapper.aspx>. Go to "layers" and select environment then check "100 year flood hazard overlay". Zoom in until you find your street. The light blue color is considered within the 100 year flood zone. Each county's mapping capabilities are different but you can perform an easy search for your county's flood maps
- Another source is the FEMA's mapping services. <https://hazards.fema.gov/femaportal/wps/portal/NFHLWMSkmzdownload> FEMA uses Google Earth to view overlays of flood maps

Step 2 – Flood Insurance

- Homeowners insurance does not include flood insurance. You may need to purchase flood insurance separately if you reside in a flood zone. Flood insurance does not typically cover sewage back-up caused by flood waters; adding a rider to your current homeowners insurance policy can ensure coverage
- Don't wait to get flood insurance if you are in a flood zone. In some cases, you will be unable to obtain flood insurance once a Tropical Storm or Hurricane Watch or Warning is declared for your area

Step 3 – Preparing for a flood

- Build a family and communication plan
- Consider installing "check valves" to prevent flood water from backing up in your home
- If you live in a high risk flood area, consider elevating your furnace, water heater, and electrical panel in your home
- Label utility shut-off valves

Step 4 – Be Informed

- Sign up to your county's Twitter feed or Facebook page for emergency notifications, listen to instructions from the local meteorologist or the National Weather Service
- Familiarize yourself with the terms used to identify a flood
 - Flood Watch – Indicates flash flooding is a possibility in or close to your area.
 - Flood Warning – A flood warning issued for life/property threatening flooding that will occur within 6 hours

- Flash Flood Statement – Issued to inform the public about current flash flood conditions. These statements usually contain river stage information if major streams or rivers are involved
- In any emergency, always listen to the instructions given by local emergency management officials

Useful Links

- Hurricane and Weather Updates:
www.nhc.noaa.gov - National Hurricane Center
www.weather.gov – National Weather Service
- Preparedness:
<http://www.tax.virginia.gov/Documents/2014%20qualifying%20items.pdf> - Governor McDonnell's tax holiday
www.Ready.gov – Preparedness plan instructions and tools
www.capitalalert.gov – Allows you to customize your emergency alerts for the Washington DC Metropolitan area

Point of Contact:

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